



City of Mountain View
Senior Center
presents...

Free!

Senior

Health & Wellness Day

Saturday, August 11, 2012

10:00 a.m. - 2:30 p.m.

City of Mountain View Senior Center
266 Escuela Avenue, Mountain View, Ca 94040

Presentations &
Demonstrations

Health Screenings &
Resource Booths

Keynote Speaker
Jeanne Dowell @10:30

Fitness Workshops
and Activities

Fun walk with
Mayor Kasperzak

And much more!

YOU
choose which
sessions you would like to
attend! A schedule of the
day's activities is available
online at
www.mountainview.gov.
Registration NOT required.
Free event open to all
seniors 55+.

FOR MORE INFORMATION, CONTACT THE SENIOR CENTER AT (650) 903-6330

Special thanks to the Kiwanis Club of Mountain View
for their generous contribution towards this event